



CEREAL, CORN FLAKES, READY-TO-EAT, DRY

Date: April 2009

Code: B878, B879

PRODUCT DESCRIPTION

- Corn flakes are a ready-to-eat cereal with added vitamins and minerals but no added sweeteners.

PACK/YIELD

- Corn flakes are packed in 18-ounce boxes, which is about 18 servings (1 cup each). Since box sizes vary, check package for exact amount.
- B878: 18-ounce box
- B879: 18-ounce box

STORAGE

- Store unopened boxes of corn flakes in a cool, clean, dry place.
- After opening, keep inside bag tightly closed.
- Look at the "Best if used by" or "Best by" date on the package.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

PREPARATION/COOKING

- Top corn flakes with low-fat milk and fruit for a quick and easy breakfast, or sprinkle over yogurt.
- Corn flakes can be used in a variety of recipes calling for dry, ready-to-eat cereal.
- Mix $\frac{1}{2}$ cup corn flakes with $\frac{1}{4}$ teaspoon dried herbs like basil, rosemary, or parsley and sprinkle over casseroles before baking.
- Use crushed corn flakes in place of bread crumbs in recipes.

NUTRITION INFORMATION

- 1 cup of corn flakes counts as 1 ounce in the MyPyramid.gov Grains Group. For a 2,000-calorie diet, the daily recommendation is about 6 ounces.
- 1 cup of corn flakes provides 30% of daily recommended iron needs and 15% of daily recommended vitamin A needs.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: 1 cup (28g) corn flakes cereal

Amount Per Serving

Calories		100	Calories from Fat		0
% Daily Value*					
Total Fat 0g			0%		
Saturated Fat 0g			0%		
Trans Fat 0g					
Cholesterol 0mg			0%		
Sodium 270mg			11%		
Total Carbohydrate 24g			8%		
Dietary Fiber 1g			5%		
Sugars 2g					
Protein 2g					
Vitamin A 15%			Vitamin C 0%		
Calcium 2%			Iron 30%		

*Percent Daily Values are based on a 2,000 calorie diet.

CRUNCHY POTATO CASSEROLE**MAKES ABOUT 8 SERVINGS****Ingredients**

- 2 cups corn flakes cereal, crushed into crumbs
- 2 pounds potatoes, peeled and grated
- ¼ cup margarine, melted
- ¼ teaspoon black pepper
- 1 onion, chopped
- 1 can (about 10 ounces) low-sodium cream of chicken soup
- ¾ cup fat-free sour cream
- 1 cup low-fat cheddar cheese, shredded

Directions

1. Preheat oven to 350 degrees F.
2. Combine potatoes, margarine, and black pepper in a large bowl.
3. Add onion, soup, sour cream, and cheese; mix well.
4. Pour into a 13x9-inch baking dish and sprinkle with corn flakes.
5. Bake for 45 minutes.

Nutritional Information for 1 serving (¾ cup) of Crunchy Potato Casserole					
Calories	240	Cholesterol	15 mg	Sugar	4 g
Calories from Fat	70	Sodium	340 mg	Protein	8 g
Total Fat	7 g	Total Carbohydrate	35 g	Vitamin A	445 RAE
Saturated Fat	2.5 g	Dietary Fiber	3 g	Vitamin C	27 mg
				Calcium	118 mg
				Iron	2 mg

*Recipe adapted from Recipezaar.com.***BAKED FISH WITH CORN CRUST****MAKES ABOUT 2 SERVINGS****Ingredients**

- Nonstick cooking spray
- 1 cup corn flakes cereal, crushed into crumbs
- 2 fish fillets (about 6 ounces each) of trout, flounder, or other white fish
- 1 cup 1% milk
- ⅛ teaspoon salt
- ¼ teaspoon black pepper
- 2 teaspoons margarine

Directions

1. Preheat oven to 350 degrees F. Spray a baking sheet with nonstick cooking spray.
2. Place milk in bowl. In another bowl, combine salt, black pepper, and corn flakes.
3. Dip fish fillets in milk, then dip in cereal to coat the outside. Place fillets on baking sheet.
4. Place 1 teaspoon margarine on top of each fish fillet.
5. Bake for 10 to 15 minutes or until browned and fish is cooked through.

Nutritional Information for 1 serving (1 fillet) of Baked Fish with Corn Crust					
Calories	290	Cholesterol	90 mg	Sugar	6 g
Calories from Fat	60	Sodium	470 mg	Protein	37 g
Total Fat	6 g	Total Carbohydrate	17 g	Vitamin A	126 RAE
Saturated Fat	2.5 g	Dietary Fiber	0 g	Vitamin C	8 mg
				Calcium	179 mg
				Iron	1 mg

Recipe adapted from Recipezaar.com.